



Stockton Unified School District



STEP UP After School Programs Cleveland Elementary School Healthy Behaviors Learning Center

Contact Information

20 E Futlon Street
Stockton, Ca 95204

Site Coordinator: Monique Castilleja

Mcastilleja@stocktonusd.net

209-933-7165 Ext. 4214

Site Background

- The Cleveland after school program is funded through ASES. The STEP Up After School Program targets students identified as having the greatest academic need in English Language Arts and Pre-algebra/Algebra skills. Using school-wide data, each site analyzes which students need the most support, based on CST scores, diagnostic tests, Student Support Team (SST) meetings and teacher recommendation. The Academic Hour Teacher Coordinator works with the Program Facilitator and site administrator to identify and invite the targeted students into the program. English language arts scores for 1st -5th grade students and pre-algebra and algebra scores of the 6th and 7 th grade students are the focus. However, after the target population is recruited, remaining slots in the program will be open to all students and grade levels (K-8) on a first-come, first-serve basis. STEP Up is a free after school program.
- Cleveland Elementary School serves students in TK through 8th grade. Regular day enrollment is roughly around 600 students; our programs enrollment is 120. The ethnic diversity is;57.86% Hispanic; 13% Asian; 13% African American ; 7% White; and 4.45% two or more.
- The YMCA Staff at Cleveland are all committed to the HBI goals for our site. They motivate and empower our students on a daily basis, to help them encourage each other and their families to live a healthier and more active lifestyle.

- Our Program runs Weekly, Monday – Friday. Our staff picks up students right after school at 1:40pm and our programs runs until 6:00pm.
- The mission of the STEP Up After School Program is to provide community education centers to keep children safe after school and to provide intellectual, physical and psycho-social enrichment. STEP Up programs will support each school’s core curriculum as well as State and District adopted content standards.

Making a Difference

- Throughout this year we have been implementing all the new strategies to encourage and motivate our students and parents to be more physically active and willing to try new fruits and vegetables. Here are some of the improvements that we have seen this far with our student.
 - Students are now bringing more water bottles to school, rather than soda. They also want more water throughout the day because they now know the importance of staying hydrated.
 - Our older student are feeling more empowered and being more of a role model to our younger ones by talking to them about some of them new fruits and vegetables they have tried and encouraging then to be more active while playing SPARKS game outside.
 - Parents are involved more in the program by sharing their at home experience on how their family enjoyed trying new things such as Spinach, Broccoli, Squish, ECT.
- The Cleveland after school staff have also been a great role model to the students, leading by example. My staff no longer brings in Starbuck or Fountain drinks, WATER only. They try to participate as much as possible while doing their physical activity with their group. They have also been putting together activities for Fitness Friday to get not only the kids moving but the parents involved as well.
- Our parent’s give their appreciation on the changes we made to our program by attending Family Nights and giving positive feedback. Parents tell us now their students never want to leave the program due to all the fun and new things they are learning.

What We Do

- As staff, we continue to explain the importance of health and fitness and stress the benefits while modeling the behavior. This year, students have seemed to really enjoy being able to be involved in choosing which physical activities they will be doing that week. Letting the students have a choice encourages them to get the 30 - 45min of vigorous physical activity.
- We implement more Health and Nutrition Education to our weekly schedules using the curriculum and resources we have at site.

- One challenge we have is changing the snacks offered and trying to get the dinner program going. Our students are all growing and are always hungry. If we had better quality snacks to give out, fewer students would have the urge to bring their own from home which usually is chips, candy, soda, ECT.
- Another challenge is maintaining quality staff. Running a successful program can be hard when you are constantly changing staff and have to teach the new staff to be committed to this as much as we are to keeping the programs quality high.

Our Partners

- Our after school program has a huge partnership with the University of The Pacific. The University is located just up the street from our elementary school which we benefit from greatly. One of the programs they have brought to Cleveland is called Tiger Pride. This program is offered every semester Monday through Thursday for grades 3rd-5th. About 3 to 6 Students from UOP's School of Pedagogy (studying to be Physical Education Teachers) come to Cleveland and do tons of physical activity with our students for the first 45min of the program. Our students love this program and most do not even realize they are doing physical activity they are just having fun.
- We also have a partnership with Second harvest food bank. The Food 4 Thought Program provides supplemental groceries to over 3,800 children at 40 sites throughout San Joaquin and Stanislaus Counties. Students who participate in 8 hours of an academically based after school program receive a 15-18 pound bag of food, twice per month. These bags contain nutritional staples for growing kids; such as whole grains, protein, and fresh produce. This program has been going strong for 14 years and is continuing to grow and expand. Second Harvest Food Bank is committed to breaking the cycle of hunger in youth, and strives to feed the bodies and minds of the children in our communities.

Within the 2015-2016 school year, Cleveland Elementary has encountered many beneficial programs for students of the After-School, Step Up Program. The push towards a healthier lifestyle has led Cleveland Elementary to become a Healthy Behavior Learning Center. Since the beginning of the school year it was [my] goal to motivate my staff to make a difference in the lives of the students. Undeniably, the after school staff are those who set the best example for the students. Personally, I too have given my best efforts to make the greatest possible impact on the program for the students and staff. Expanding student's knowledge on how to live healthy is the core to a strong Healthy Behavior Learning Center. We continue to motivate students and parents equally, to eat healthy and exercise frequently. Most importantly we will continue to progress, learn, and empower.